



**Living Healthy,  
Working Well**

# **Wellness Tips**

## **Fear of Terrorism**

No form of disaster is harder to deal with than terrorism. What this country has recently experienced illustrates this more clearly than any other event in our history. The destruction of natural disasters is easier to accept because these events are not calculated and intentional. Terrorism is deliberate and therefore more disturbing.

Because terrorist attacks are usually undercover, people feel victimized by an unknown group. It is easier to direct emotions at a figure, such as Hitler or a group, such as the Nazis, than to feel anger toward someone or a group of faceless individuals whose reach is unmeasured. It's normal to fear the unknown, but this fear should not overtake your life.

Simply identifying those responsible does not remove the trauma of recent events. We are shocked, confused and, most of all, vulnerable. Many are asking, "what next?" or "what else can happen?" Dealing with your emotions during this time of constant terrorist threats is critical to the healing process.

### **Talk to people**

If you are anxious about the threat of attacks, talk to family members and friends. This support system is one of the most effective ways of working through emotion. Discussing fears can be therapeutic to you and to others and helps put events into perspective.

### **Limit Exposure to the Media**

If you are feeling overwhelmed by all that has happened and all that is underway, you should consider limiting your exposure to the media. In the media, in conversation, and in correspondence there seems to be an undercurrent of misinformation and hysteria. Be sure to confirm stories before reacting or passing them on. Images in the media of violence and protests may re-ignite fears of terrorists rather than serve to "educate" you on the events of the day.

### **Avoid Assumptions & Stereotypes**

Xenophobia is the fear or hatred of strangers or foreigners. This can be heightened during a terrorist threat and may become a danger if people's fears cause them to act out. The fear caused by terrorism can be heightened if the targeted nation is very diverse, causing distrust between groups, categories and classification of citizens. This is unfortunate, as diversity can be an opportunity for unity and strength.

It is said that knowledge is power. Learn what you can about people and places being discussed in the media. By educating yourself, you will understand who their background and what are/are not threats.

### **Call Your EAP**

If you or someone you care about needs help coping with the trauma of terrorism, you may wish to contact your Employee Assistance Program (EAP). EAP counselors are available 24 hours a day, every day of the week, to provide confidential assistance at no cost to you.

Information, self-help tools, and other resources are also available online at [www.MagellanAssist.com](http://www.MagellanAssist.com)

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